

Abstract

The study of relationship between nocturnal hypoxia and snoring with academic performance of school children

Introduction:

Respiratory disorders of sleep are explained as a short period of breath decrease during sleep. A child with obstructive sleep apnea syndrome is described as a child with a Adenoids face , nighty snoring , mental retardation and mouth breathing which in the case of untreating, results in various organs conflicts , behavioral problems , hyperactivity and troubles in centralization and instruction . Thus we decided to find the relationship between obstructive sleep apnea syndrome and the educational position of children by constructing this research.

Materials and methods:

Current research is descriptive-analytic. This study was done on 161 student involved in elementary schools and these children were assessed after having insertion criteria and lack of exit criteria. Then some questions were asked from children and their parents in the checklist. The questions include demographic, anthropometric, educational situation, nighty snoring class and saturation at the time of entrance. Then parents were given bracelet of saturation register and they were also given instruction of their use. After using all of these bracelets, the resulted information published and informed. Eventually, results along existing information in the checklists entered to analysis program.

Results

161 children participated in the study, 56% male and female, their average age 10.21±1/00. During the survey we found that 15.5% of students were in highe level, 52.17 % in very good level, 52.17 % in good level, and others were in the average academic status and the results showed that 7.80 % of children had every night snoring, 6-83 % were snoring two or three times a week, 3.72 % once a week and 1.18 % once a month and 60.2 % had experienced saturation (less than 90 %) at least one episode. After data analysis, it was observed that is no significant correlation between the desaturation (below 90 %) with age ($p=0.803$), sex (0.445), and nightly snoring ($p=0.582$) of children. But there was a significant relationship between desaturation (less than 90 %) and the academic status of the children ($p=0.048$).

Conclusion

After reviewing other studies we found that de saturation has significant effects on the personality and academic status of children.

Keywords: Hypoxia , snore , academic failure